



YOU THINK YOU CAN OUT-TANTRUM ME? WOW, OK — LETS GET NUTS

CHILDREN'S COACH AND AUTHOR TALKS CALMING KIDS AT CHRISTMAS TIME **PAGE 19**



Killer seeks public money for appeal

Man convicted of kidnapping, sexually assaulting and killing Tori Stafford, 8, has asked that the public fund his appeal **PAGE 8**

Scented candles cause a big stink

Israeli media scold Prime Minister Benjamin Netanyahu for his extravagant lifestyle, which includes buying \$1,700 worth of scented candles **PAGE 10**



NO SHELTER, NO RECOURSE

For Glory, left, and Sankira (facing away from camera) there's nowhere to turn in a dispute with a women's shelter. Story, page 4. **TREVOR GREENWAY/METRO**

Feds spend billions on external contracts

Increase. As feds play hard ball with public servants, spending on external contractors has been quietly and steadily growing

As the federal Conservatives cut the ranks of the public service, spending on extra professional services for departments and agencies has been steadily rising to more than \$10 billion a year, a Torstar News Service analysis reveals.

Federal departments and agencies spent more than \$10 billion a year for the past four years on professional services — work like management consulting, IT assistance, and engineering, purchased from external contractors or from other government entities.

That's up from the \$7.8 billion spent in 2006, a 27.8 per cent increase under

Prime Minister Stephen Harper's tenure.

Over the seven-year period, the federal government has spent more than \$67 billion on outside professional help. The bulk of that money — about \$41 billion — has been spent over the past four fiscal years alone.

Treasury Board officials say the contracting is needed to address unexpected fluctuations in workload, or to acquire special expertise. But critics say it's an attack on the public service that the Conservatives have never fully trusted — one that will limit the public's access to information and could cost federal coffers more.

"We have no evidence that the use of external consultants actually costs the taxpayer less," said Mathieu Ravignat, the NDP's Treasury Board critic. "I think Canadians are better served by (the public service) than a consulting company that Canadians know very little

about."

Contracting out services could continue to grow as the feds work through plans to eliminate 19,200 public service jobs by 2015.

Ravignat said the increase spells trouble for transparency. The public can request to access information from public servants, but not from a private management consulting firm.

"It's a tool that they can use, which perhaps is easier and more flexible than using the internal services of the public service," Ravignat said. "But obviously the right for Canadians to know is important, and if they were doing this (work) with our public service we would know more about it."

Data compiled by Public Works and Government Services Canada shows three budget portfolios have consistently spent the most on professional services: National Defence, Public Works, and Public Safety.

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Hwy. 105. Stoned driver was playing chicken with cars: Police

A 42-year-old Dunrobin man was arrested for impaired driving Saturday after he allegedly smoked pot and played "chicken" with at least a dozen cars, including a police cruiser on Highway 105 in Wakefield.

According to MRC des Collines Spokesperson Martin Fournel, the man, who has yet to be identified, left Mont Ste-Marie after a day of snowboarding around 4 p.m. Saturday and began "driving like he was impaired."

He was veering in and out of his lane and drivers heading in the opposite direction had to swerve to avoid a head-on collision, said Fournel. He said his force got calls from motorists following the driver.

A police cruiser headed north to intercept the driver and nearly collided with him head-on, Fournel said.

Officers figured the man was drunk, but they couldn't smell alcohol. A breathalyzer proved he was under the legal blood-alcohol concentration of .08 per cent, but officers sent the man to a Gatineau police station where cops performed an "intense questionnaire" that Fournel said revealed the driver was stoned on marijuana.

Police also took a urine sample and results are pending. They found no drugs or alcohol in the man's car.

Charges are pending against the driver, said Fournel.

TREVOR GREENWAY/METRO



Gatineau mayor Maxime Pedneaud-Jobin and Peter Simons of La Maison Simons share a word while getting ready to break ground on a redevelopment of the Les Promenades Gatineau shopping centre. DENIS ARMSTRONG/FOR METRO

Gatineau no longer an Ottawa suburb: Mayor

Breaking ground.
New retail development
the first step toward a
'city of the future'

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Christmas came early for Gatineau's retail landscape as Peter Simons of La Maison Simons and Gatineau Mayor Maxime Pedneaud-Jobin broke ground on a new \$110-million reconfiguration of Les Promenades Gatineau (formerly Les Promenades de l'Outaouais) Monday.

By fall 2015, what was a dated dollar-store shopping centre on Maloney Blvd. will re-emerge as an upscale retail destination, developers promised. With 155 stores the new mall will boast some of the hottest A-list retailers, including La Maison Simons, H&M, Forever 21 and an expanded and upgraded food court, scheduled to open in late 2014.

Simons has been trying to open one of its premium boutique fashion stores in a premium retail setting in west Quebec for years, but none were available until now.

"The retail landscape is changing. We've been working to get into Gatineau, into

Bright future

"Gatineau is one of the fastest-growing cities in Quebec, and a lot of business is moving here."

Gatineau Mayor Maxime Pedneaud-Jobin

an A-list property like this," said Peter Simons, who flew in from his Montreal headquarters for the ground-breaking. "Even while we're opening a new store in Ottawa, Quebecers are more familiar with Simons."

"Gatineau is one of the fastest-growing cities in Quebec and a lot of business is moving

here," boasted Gatineau Mayor Maxime Pedneaud-Jobin. "Gone are the days when we were a suburb of Ottawa. We're building an exciting city of the future."

Les Promenades Gatineau's new owners Oxford Properties purchased the site in 2011 after shopping for a similar property but finding none available in Ottawa. Oxford already owns many of the top malls in Canada, including Yorkdale and Scarborough Town Centre in Toronto.

"Gatineau is a growing, exciting urban centre and a core market for our company," said Michael Kitt, VP for Oxford's Canadian properties.

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Where do you turn when you've been turned away?

YMCA TRY. Two Ottawa women say they were shocked to discover when they were evicted from transitional housing there was no dispute resolution mechanism

TREVOR GREENWAY
ottawa@metronews.ca

Two Ottawa women who say they were unjustly evicted from social housing programs are fighting to give disabled and abused women more rights and support when it comes to transitional housing.

Sankira, who wished to keep her last name anonymous, says she was evicted from the Taggart Family YMCA TRY program — a supportive housing program for women — in mid-November after she complained that she had been threatened by other residents and that staff had entered her room without her permission.

She told Metro she was given only seven days' notice to leave the premises and when she wasn't able to get her stuff out of the building on time, staff at the centre called police on her.

Quoted

"We are not nobodies, we are not dirt, they are treating us like dirt."

Sankira, one of two Ottawa women who say they've been unjustly evicted from the Taggart Family YMCA TRY program

And with no rights under the Residential Tenancies Act (RTA) — as it doesn't apply to transitional housing or shelters — Sankira was left with nowhere to go and no one to help.

"I'm homeless," said a distraught Sankira, adding that she has been couch surfing since the eviction on Nov. 15.

She suffers from post-traumatic stress disorder from previous sexual violence and also has scoliosis and arthritis.

YMCA vice-president of housing, employment and newcomer services Cathy Turnbull wouldn't speak about Sankira's specific case due to confidentiality issues, but she did tell Metro that since the TRY program began more than two years ago, only two people have been asked to leave.

She said kicking women out of the program is a "last resort," and added that the YMCA works to help a person find alternative housing solutions.

"Any decision that is made like this is not made lightly," said Turnbull.

"It's a very difficult decision, particularly when the person we are working with is unable to work with us for their own personal reasons."

She said it's YMCA policy to give residents two weeks' notice, although the centre tries to give at least one month.

Turnbull couldn't speak to Sankira's situation, but said all complaints are considered serious and are always looked into, especially when physical threats are involved.

"A person is not asked to leave because they complained," she said. "We would have had to ask the entire residence to leave if that were the case, because everyone, at some time, will have some complaint about something."



The YMCA on Argyle Street in Ottawa is not only a sports-and-recreation centre; it also offers transitional housing for people who need affordable accommodations. The service helps adults who are students, newcomers to Canada, people in transition due to separation and divorce, people with unsafe or unstable housing, and individuals coping with issues related to physical/mental illness, or substance abuse. TREVOR GREENWAY/METRO

Resident-tenant act

Those not protected

According to Ontario Ministry of Municipal Affairs and Housing spokesperson May Nazar, the resident-tenant act only applies to residents living in permanent social housing units.

Those in transitional housing or shelters have no access to a landlord-tenant tribunal and can therefore be tossed out of a shelter on a whim.

That's what a woman named Glory said also happened to her. Glory, who also withheld her last name, said she was kicked out of the Cornerstone Women's Shelter last year after a dispute with another resident.

She said she was attacked and defended herself, but was kicked out the same night after the resident complained.

"They didn't even ask me my side of the story," said Glory. "They kicked me out

the same day. It was pouring outside."

Officials with Cornerstone could not be reached for comment.

She said she used to be a teacher for special needs students, but Glory said she suffered an aneurysm in 2001 and was unable to continue teaching. Although she has a degree in mediation and foreign affairs, Glory said she has been looking for a job for eight months and has been bouncing from place to place.

She just found an apartment, but fears other women are in jeopardy.

Both Sankira and Glory said they want other residents of shelters and transition homes to be protected under the RTA, like regular citizens are.

"Everyone with a disability deserves to be treated like a person, with dignity and not thrown out on the street," Sankira said, breaking into tears. "This is not OK. It's not OK." **METRO**



Prof. aims to improve OCDC conditions

A Carleton University professor who has been studying problems associated with overcrowding at the Ottawa-Carleton Detention Centre is planning to put pressure on the provincial government to take measures to improve conditions at the jail.

Criminology and sociology professor Aaron Doyle hosted close to 300 people last

Thursday at a public forum at Carleton in conjunction with the Criminalization and Punishment Education Project. The group is a collaboration between Carleton and the University of Ottawa.

Former inmates of the Innes Road jail spoke at the event, describing how they would often share a cell with two beds with two or more inmates inside.

"I think the more you put a human face on it and the more you hear people's different sad stories, that's what really reaches the public," said Doyle.

He said he's organizing a new meeting for Dec. 7 at the Bronson Centre at 2 p.m. in order to compile a list of goals to correct chronic problems such as overcrowding, lack of cleanliness, appropriate dental care,

and inadequate distribution of food. "We're going to work out how to apply political pressure to get those goals," said Doyle, adding that a list of those goals will be sent to Madeleine Meilleur, Minister of Community Safety and Correctional Services.

Ottawa lawyer Lawrence Greenspon said on Monday his firm gets on average one complaint every week from an in-

mate about being mistreated at the OCDC. "We don't get calls from inmates complaining about overcrowding because overcrowding has become the norm," he said. "It's not going to get any better because the more you have these mandatory minimum sentences, the more you're going to have automatic incarceration as a result."

JOE LOFARO/METRO



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The True Bearing Pictures team shoots *Wired* on location at the City Centre building. JAMES PARK/CONTRIBUTED

Ottawa film packs a lot into 8 minutes

Wired. Local filmmakers' comedic, hyper-violent short lands top honours at Digi60 festival

DENIS
ARMSTRONG
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Ottawa filmmakers Brendan McNeill and Nick Hillier's challenge was to make a movie in eight minutes or less.

What they came up with was an action comedy called *Wired* that won two prizes at the 2013 Digi60 Digital Filmmaker's Festival on Saturday.

You can see an embedded version on metronews.ca, on Vimeo and, eventually, on the Digi60 homepage, digi60.org.

Produced on a shoestring budget in eight weeks on location at the City Centre building and in Kinburn, *Wired* is a hyper-violent comedy about an undercover cop who infiltrates the mob. In a scant seven minutes and 30 seconds, it covers as much story as most action films do in 90 minutes, with plenty left over for car chases and guns galore.

"Imagine *Bad Boys* with Will Ferrell," said Hillier, 31, who co-wrote, co-directed and stars in the film, and who co-owns the True Bearing Pictures film company with producer McNeill. "We wanted the viewer to not know what to expect next. Keep them guessing. We packed a lot into eight minutes."

Wired beat out eight other locally produced shorts

to win overall best film by an experienced filmmaker, and best technical film at the capital region's annual digital film festival. Its cinematography and editing are as impressive as its choreographed action sequences and snappy dialogue.

Hillier and McNeill partnered with three of Ottawa's most respected filmmakers: producer Richard Towns, director Nick Lacelle and cinematographer Adrian Langley, who gave *Wired* a clean and thoroughly stylish look.

The results speak for themselves.

"We'd love to be putting things forward for theatrical release, movies good enough for people to pay to see," says Hillier. "But for now, making movies for online is a good building experience."

Activism. Canadians join global group to help restore democracy in Egypt

An Egyptian-Canadian human-rights group said it has joined a new coalition of activists from around the world to help bring democracy back to the African nation and oppose the current military-backed regime since the controversial ousting of President Mohamed Morsi.

Ehab Lotayef, a member of the grassroots, pan-Canadian group Egyptian-Canadian Coalition for Democracy (ECCD),

made the announcement on Parliament Hill Monday. The new network they co-founded is called Egyptians Worldwide for Democracy and Justice (EW4DJ) and will be announced in other cities globally in the coming days.

Backed by a network of activists from around the world and the openness of the Internet, Lotayef said EW4DJ will "expose the lies of the current Egyptian regime," which

he says has been "whitewashing" the July 3 military coup.

The coup that removed Morsi from power has divided many Egyptians who have taken to Cairo's Tahrir Square in recent months to protest his ousting. Morsi was Egypt's first democratically-elected president since the fall of former president Hosni Mubarak, who held onto power for more than 40 years.

JOE LOFARO/METRO

MLA in hot water over photo with blackface Christmas character

Halifax. MLA says he now realizes traditional Dutch Christmas character 'Black Pete' may be inappropriate



HALEY RYAN
Metro in Halifax

The Liberal MLA for Halifax-Chebucto fought back tears Monday as he spoke with media about a photo of himself sitting on the lap of a blackface Christmas character he had posted to Twitter and later removed due to the backlash.

Joachim Stroink tweeted the image of himself and his wife at a Dutch Christmas event with Zwarte Piet, or "Black Pete," on Sunday evening.

"This is a Dutch tradition I grew up with and never, ever in



Liberal MLA Joachim Stroink gets emotional as he takes questions from the media at the Liberal office Monday after receiving criticism for a photo, seen at right, that he posted on Twitter. JEFF HARPER/METRO IN HALIFAX

my deepest heart, ever thought that this would be portrayed in this manner," Stroink said. "There was no malicious intent whatsoever."

The debate around Pete intensified this year after cultural experts with the United Nations began examining whether the tradition is racist. People

in the Netherlands are also divided, with some protesting the character and others declaring Zwarte Piet a symbol of Christmas fun.

Stroink said the negative attention he was getting on Monday "hurts in many ways," because he has had to realize parts of his own culture might

be at odds with the African Nova Scotian citizens he represents as a politician.

"I have to be respectful that I represent every culture, and no longer Joachim Stroink."

Stroink said he realizes there is "no place" for blackface in Nova Scotia culture, and met with Tony Ince, a black mem-

ber of the legislature and the minister of African Nova Scotian affairs, to discuss updating the tradition.

He said it could be that Zwarte Piet is no longer appropriate, but that's something the Dutch community should decide on their own, with "hopefully" Stroink and Ince's help.

Questioning tradition

'Black Pete' sparks debate

The Dutch character is the servant of St. Nicholas or "Sinterklaas" according to a traditional song, and is often shown wearing blackface makeup, red lipstick and a frizzy "Afro" wig.

"It may be part of a tradition but that doesn't mean that it's right," said Christopher Helland, a sociology of religion professor at Dalhousie University.

The photo may not have been such an issue without social media, Helland said, but added online debates are good because they allow people who aren't usually heard to express their concerns. **METRO**

Manitoba

Opposition leader wishes 'infidel atheists' a happy holiday

Manitoba's Opposition leader's holiday wishes to groups including "infidel atheists" has left online commentators divided as to whether the phrase was insulting or an awkward attempt at humour.

Brian Pallister gave a holiday message last week to a citizen journalist with a video camera. In the recording, which has thousands of views on YouTube, Pallister offers seasonal greetings to Christians, Jews and others.

"All you infidel atheists out there, I want to wish you the very best also," the Progressive Conservative leader says on the video.

"I don't know what you celebrate during the holiday season. I myself celebrate the birth of Christ, but it's your choice, and I respect your choice. If you wish to celebrate nothing and just get together with friends, that's good, too."

Pallister didn't directly apologize Monday. He asked for forgiveness while at the same time defending his use of the word infidel.

THE CANADIAN PRESS

Read all about it. Brazeau lands himself new gig as Parliament Hill reporter

Suspended senator Patrick Brazeau has found work as a freelance reporter for the Halifax edition of Frank Magazine, despite having no prior journalism experience and a track record of Twitter trouble. There's also the matter of his impending trial over charges of assault and sexual assault.

Brazeau openly solicited work on Twitter after he and fellow senators Mike Duffy and Pamela Wallin were suspended in early November over their questionable expense claims.

The satire and gossip maga-

zine — not to be confused with the entirely distinct Ottawa version of the same name — announced its newest hire Monday.

Brazeau dropped off his application for accreditation to the parliamentary press gallery in person Monday afternoon. It will now fall to the press gallery's board of directors to decide whether or not to accredit Brazeau. If it does, he will be granted a pass that allows him to roam freely through some of the corridors of the parliamentary precinct.

THE CANADIAN PRESS



Patrick Brazeau applies for membership to the parliamentary press gallery at the National Press Building in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

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Rafferty seeks public money to fund appeal

Tori Stafford murder.

Michael Rafferty can't afford legal help but needs it to appeal complex murder case, his lawyer argues



Michael Rafferty, left, wants the Appeal Court to order that the public fund his appeal of his convictions in the death of eight-year-old Victoria Stafford, right. LEFT: DAVE CHIDLEY/THE CANADIAN PRESS FILE; RIGHT: CONTRIBUTED

The jury that convicted Michael Rafferty of killing eight-year-old Victoria Stafford should have considered that he might have been only an accessory after the fact to her brutal murder, Ontario's Appeal Court was told Monday.

The argument was part of lawyer Paul Calarco's attempt to convince the court that there is merit to an appeal of Rafferty's convictions for first-degree murder, sexual assault causing bodily harm and kidnapping.

Rafferty wants the Appeal Court to order that the public fund his appeal, which Calarco argues is too complex for Rafferty to handle by himself. Rafferty can't afford to hire a lawyer and has been turned down four times by Legal Aid since his convictions in May 2012.

Rafferty's trial heard that he and his former girlfriend, Terri-Lynne McClintic, lured Tori from her school in Woodstock, Ont., and drove to a secluded field, where the Grade 3 student was sexually assaulted and brutally beaten to death in April 2009.

It's "absolutely vital" that every person have the right to a fair trial and a proper ap-

Grounds for appeal?

The trial judge made three errors, lawyer Paul Calarco told the court.

- McClintic made conflicting statements about whether she or Rafferty delivered the fatal blows to Tori. If she was the "principal offender," then Rafferty's actions would make him an accessory after the fact.
- Superior Court Judge Thomas Heeney erred by not giving the jury a Vetrovec warning, which cautions juries about the

testimony of untrustworthy witnesses.

- The third ground that Calarco said points to the merit of Rafferty's appeal is another issue regarding McClintic's conflicting evidence. "This is a person who is totally capable of deceit," Calarco said.
- Crown attorney Randy Schwartz opposed the motion, arguing that the appeal is not particularly complex and doesn't raise novel points of law.

peal, Calarco said.

"That applies no matter if the person is one for whom the public has sympathy ... or a person the public has no sympathy for," he said.

Appeal Court Justice Marc Rosenberg reserved his decision, but he can either dismiss Rafferty's motion,

request that Legal Aid fund a lawyer or order that the money should come from the Attorney General.

Rafferty had been serving his life sentence at Kingston Penitentiary, but after the prison closed this year, he was moved to an institution in Quebec. **THE CANADIAN PRESS**

Suicide video seen online

An Ontario university has confirmed a fire was deliberately set in one of its dorms and is urging the public to avoid a suicide video of the event posted online.

It is believed a man who attempted suicide by taking sleeping pills and lighting his dorm room on fire — and streamed video of the event online — is a 20-year-old student at the University of Guelph.

On Saturday, a man identified only as "Stephen" posted a message on 4chan's /b/ board, one of the Internet's most diverse communities.

"Tonight I will be ending my own life. I've been spending the last hour making the preparations and I'm ready to go through with it. As an oldfag who's been on 4chan

since 2004, I thought I would finally give back to the community in the best way possible: I am willing to an hero on cam for you all," wrote Stephen.

In 4chan parlance, "an hero" is slang for committing suicide.

A video stream was set up and users watched as Stephen swallowed some unidentified pills and chased them with vodka. He then proceeded to start a fire in his room and curl up in bed.

Stephen continued to post to the stream's live chat, typing messages like "#imdead" and "#omgimmonfire."

Eventually, firefighters stormed in and rescued the young man.

It now appears that Ste-

phen is a student at the University of Guelph. Firefighters were on campus Saturday night and took one victim to hospital with serious burns.

The fire call came in approximately 90 minutes after Stephen's first post on 4chan.

The university has since confirmed that the fire was deliberately set by a 20-year-old student in Dundas Hall.

"The university is aware that there is disturbing social media activity circulating about this incident and is urging people not to watch or distribute this hurtful material," read a statement.

According to the Daily Dot, 4chan users are already celebrating Stephen, referring to him as "Toaster Steve."

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N.Y. derailment. Train was travelling 52 m.p.h. over the speed limit

A commuter train that derailed over the weekend, killing four passengers, was hurtling at 82 m.p.h. as it entered a 30 m.p.h. curve, a federal investigator said Monday. But whether the wreck was the result of human error or brake trouble was still unclear, he said.

Asked why the train was going so fast, National Transportation Safety Board member Earl Weener said, "That's the question we need to answer."

Weener said the information on the locomotive's speed was preliminary and extracted from the Metro-North train's

two data recorders, taken from the wreckage after the Sunday morning accident in the Bronx.

He also said investigators had begun interviewing the crew members, but he would not disclose what the engineer had told them.

He said investigators were also examining the engineer's cellphone — apparently to determine whether he was operating the train while distracted.

Asked whether the tragedy was because of error or bad brakes, Weener said, "The answer is, at this point in time, we can't tell." **THE ASSOCIATED PRESS**

Ottawa

New regulations ahead for prepaid credit cards

Ottawa is moving ahead with new regulations on so-called prepaid credit cards, but not in time

for the holiday shopping season.

A source says the federal government will bring in an array of regulations governing prepaid cards, including an end to expiry dates and a prohibition on charging maintenance fees for the first year.

THE CANADIAN PRESS

Netanyahu under fire for high-rolling ways



Israeli Prime Minister Benjamin Netanyahu looks up as he arrives for a private audience with Pope Francis at the Vatican on Monday.

RICCARDO DE LUCA/THE ASSOCIATED PRESS

It's all about the Benjamins. Israeli PM raised taxes,

slashed services while spending thousands on candles and flowers

Israeli Prime Minister Benjamin Netanyahu's penchant for scented candles is setting off a stink, with media and politicians accusing him Monday of extravagantly spending public money.

According to a document obtained by a civil liberties group, in 2012, Netanyahu spent \$1,700 on scented candles, \$23,300 on flower arrangements and \$31,600 on gardening at his official residence in Jerusalem, among other costs totalling about \$909,000.

The report threatens to embarrass Netanyahu, whose

More details

- Netanyahu was also shown to spend \$11,800 on laundry and \$41,600 on catering at his residence.
- The water bill for his vacation home amounted to more than \$22,000, and the electrical bill hit \$7,390.

government raised taxes and slashed services earlier this year to decrease a budget deficit.

"When the prime minister presents such inflated and absurd amounts in the expense sheet to the nation, he can't look at his citizens in the eye and swear that there must be cuts to their welfare, health care, security and education," wrote Arye Aplatoni in the Maariv daily.

THE ASSOCIATED PRESS

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Here come the Amazon drones!

This is not a joke. By 2018 the world's largest online retailer aims to deliver your order to your door via a drone

Amazon.com is working on a way to get packages to customers in 30 minutes or less — via self-guided drone.

Consider it the modern version of a pizza delivery boy, minus the boy.

Amazon.com said it's working on the so-called Prime Air unmanned aircraft project in its research and development labs. But the company says it will take years to advance the technology and for the Federal Aviation Administration to create the necessary rules and regulations.

The project was first reported by CBS' 60 Minutes Sunday night, hours before

The specs

Amazon CEO Jeff Bezos discussed the details of the drones in an interview.

- The drones can carry packages that weigh up to five pounds, which covers about 86 per cent of the items Amazon delivers.
- Amazon is testing the drones to have a range of about 17 kilometres, which could cover a significant portion of the population in urban areas.

millions of shoppers turned to their computers for Cyber Monday sales. Amazon CEO Jeff Bezos said in a prime-time interview that while the octocopters look like something out of science fiction, there's no reason they can't be used as delivery vehicles.

THE ASSOCIATED PRESS



This undated image provided by Amazon.com shows the Prime Air unmanned aircraft project that the online retailer is working on. AMAZON/THE ASSOCIATED PRESS



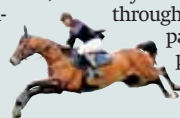
It's my party and I'll ask for a UN designation if I want to

German beer brewers are seeking a 500th birthday present for their famed purity law: An official seal of approval as world heritage. The German Brewers' Federation said Monday it has applied to German officials and UNESCO, the United Nations' cultural agency, to have the purity law — the "Reinheitsgebot" — recognized by the UN as a piece of the world's "intangible heritage." The purity law dates back to 1516 and allows nothing but water, barley malt, hops and yeast for brewing. Germany boasts some 1,300 breweries and 5,000 brands of beer. MATTHIAS SCHRADER/THE ASSOCIATED PRESS FILE

Wooring true love rose 6.9%

On the 13th day of Christmas came the \$114,651 Visa bill

The price of lords-a-leaping and ladies dancing has spiked this holiday season, but other items mentioned in the carol The Twelve Days of Christmas still cost the same as they did



last year.

Buying one set of the gifts mentioned in each verse costs \$27,393 US in stores, or 7.7 per cent more than last year, according to the so-called Christmas Price Index that PNC Wealth Management updates annually. If you buy all 364 items repeated throughout the carol, you'll pay \$114,651 US — 6.9 per cent more than last year. THE ASSOCIATED PRESS

PHIL COLE/GETTY IMAGES FILE

Market Minute

DOLLAR
93.98¢
(-0.18¢)

TSX
13,419.57 (+24.17)

OIL
\$93.82 US (+\$1.10)

Natural gas: \$3.97 US (+6¢)
Dow Jones: 16,008.77 (-77.64)

GOLD
\$1,221.90 US (-\$28.50)

Calling for \$15/hr. Can I get a living wage with that fast-food job?

Fast-food workers in about 100 U.S. cities will walk off the job this Thursday, protest organizers say, which would mark the largest effort yet in a push for higher pay.

The actions would build on a campaign that began about a year ago to call attention to the difficulties of living on the American federal minimum wage of \$7.25 US an hour.

Protesters are calling for pay of \$15 US an hour, although many see the figure as a rallying point rather than a near-term possibility.

It's not clear what the actual turnout will be, or whether the walkouts will



In August protests were held outside a McDonald's, with more demonstrations set for Thursday. THE ASSOCIATED PRESS FILE

be enough to disrupt restaurant operations. Similar actions this summer had varying results, with some restaurants briefly unable to serve customers and others seemingly unaffected. THE ASSOCIATED PRESS



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BLACK FRIDAY LEAVES A BLACK MARK

For five days straight my email inbox has received an uninterrupted deluge of sale announcements and promotional messages touting can't-miss markdowns on everything from leather jackets to hotel rooms to sushi platters.

From Black Friday Eve (previously known as American Thanksgiving) through to Cyber Monday, my cellphone has served as an annoying reminder of our collective obsession with discounted consumer goods and my own inability to remove myself from email lists.

You'd think Canadians would have been spared from this fabricated "holiday." But even though our Thanksgiving came and went over a month ago, Canadian retailers just had to get their own slice of that profitable retail pie. Wait—I should probably avoid "pie" references as they might conjure up images of families spending time together, when in fact 'tis the season for saving 40 per cent off flat-screen TVs.

I get it, stuff is expensive, and when that same stuff becomes not so expensive for a limited time, it's tempting to try and cash in on those savings. But the whole Black Friday thing has gotten out



SHE SAYS
Jessica Napier
metronews.ca

of control.

How does a simple holiday sale transform an average group of people into a stampeding herd who will stop at nothing to validate their self-worth through the accumulation of designer clothing and brand-name electronics?

In 2008, a 34-year-old Walmart employee died in Long Island after being trampled to death by hordes of impatient shoppers waiting to enter the store.

One of the worst things about this heinous event is that the bargain hunters—upon hearing the news of the man's death—just kept shopping. The same thing happened again in 2011 when shoppers walked over a 61-year-old man's collapsed body at a Target store in West Virginia.

According to blackfridaydeathcount.com—a morbid website that tallies the number of deaths and injuries related to Black Friday shopping events—there have been seven deaths and 90 injuries recorded since 2006. It's sickening to think that we've come to accept tragedies as just another part of this annu-

Blackfridaydeathcount.com

There have been seven deaths and 90 injuries recorded since 2006.

al ritualistic display of mass consumption.

Why do we continue to support a tradition that puts a price on a human life, especially when that dollar amount is a mere \$35 off a Blu-ray player?

Sorry to get a bit sentimental, but what I really want for Christmas this year doesn't have a price tag on it. I want us all to start acting less greedy and much more humane. I want to live in a world where, if people see a man fall, they help him get back up rather than brutally crushing him to death as they lunge at 2-for-1 Lego box sets.

Watching clips of savage shoppers mauling one another in the electronics aisle, I find myself wishing that this time of year could look more like the feel-good opening montage from Love Actually rather than a climactic scene from The Hunger Games.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Satan Claus is coming to town



SEAN GALLUP/GETTY IMAGES

Empty stockings should be the least of your fears

Revellers in Austria wear demon outfits while girls dress as angels prior to the annual Krampus night. The event honours Krampus—who, according to folklore, is the demon-like companion of St. Nicholas—who whips bad children with birch branches. **METRO**

Devil-may-scare

Krampus is represented by a hand-carved wooden mask with animal horns, a suit made from sheep or goat skin and large cow bells attached to the waist. In recent years, Tyrol has seen the founding of village Krampus associations with up to 100 members each who parade without St. Nicholas at Krampus events in November and early December. **METRO**

Krampus's pagan roots

- The European practice of donning beast-like costumes and performing folk plays can be traced back thousands of years to pagan times. Among the most common figures in these rituals were Old Man Winter and the horned Goat-Man—archetypes now found in the forms of St. Nicholas/Santa Claus, and the devil, a.k.a. Krampus.
- Since the 1800s, Krampus has been emblazoned on festive greeting cards, often with the message "Grüß Vom Krampus" ("Greetings from Krampus"). In this way, the Krampus acquired a campy, Santa-ized quality. In 2004, comics publisher Monte Beauchamp reintroduced Krampus cards to America nearly a century after their heyday.

Clickbait



ANDREW FIFE
andrew.fife@metronews.ca

Whether it's the holidays or vacations that have you squeezed for cash, December can be the perfect month to stay inside. Here's three games that should serve you well:

Lords of Waterdeep:

Build a network of agents and recruit adventurers to climb the ladder of power in Waterdeep, all while racing against your rival lords. Developed by Playdek, the simple mechanics and smooth multiplayer make it just the latest in an embarrassment of board game riches available on the App Store. A note to new players: The AI is merciless. Play through the tutorial and take your game to some human competition. (iOS/\$6.99)

watch it spread to take its place among history's most effective plagues. (iOS, Android/\$0.99)

Mikey Shorts:

If you're looking for a time-waster that's a little less, the price has dropped on the excellent Mikey Shorts from \$0.99 to a crowd-pleasing zero cents. It's a simple sidescrolling runner that owes more than a little debt to Super Mario Bros. and just as addictive. (iOS/Free)

Plague Inc:

Richly supported with updates since its 2012 release, the developers of this death-to-humanity strategy sim have just dropped a new scenario. Choose the country where you would like your pet pathogen to infect its first victims, then hone its lethal skills and hopefully



SCREENGRAB

Letters

Where's the Black Friday reporting?

I noticed while reading the Metro that there was zero reporting about the ridiculous behavior of people during Black Friday shopping. I was hoping considering last week's papers were bursting with flyers, full and extended pages of ads, that you would report **anything** about the injuries or deaths caused by selfish shoppers. Instead, nothing. I guess it's easier to take money for Black Friday advertising than give an opinion on the reprehensible human behavior that comes with it.

Brian George Bowes, Toronto

Twitter

Suspended Senator Patrick Brazeau gets a gig with political satire mag Frank. What other kinds of work should he take on?

@FrenchmanCanada: He tried boxing and that didn't work really well. He should try wrestling, his twitter handle would make a great name: @TheBrazman

@KevinCHamilton: I think a career in satire really is the best thing for such an absurd person. Easier to explain away the crazy things he says.

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawalatters@metronews.ca



SCENE 2

DVD review



The Hangover Trilogy

Director. Todd Phillips

Stars. Zach Galifianakis, Bradley Cooper, Ed Helms

●●●●●

Any definition of the law of diminishing returns should in future simply have an arrow pointing to the cover of this triple set. The Hangover arrived in 2009 as a hilarious original comedy/mystery directed by Todd Phillips and starring Bradley Cooper, Zach Galifianakis, Ed Helms and Justin Bartha. The high-concept story had the four actors as bachelor party attendees on a Vegas bender. Three of them awoken from a night of drunken frolics to discover the fourth guy, the groom, MIA and possibly in danger. Wacky clues and bizarre antics enliven their search, which did boffo box office biz. A sequel was a given, but few could have predicting the rinse-and-repeat rip that was The Hangover Part II in 2011, which essentially replayed the story in a more exotic locale, Bangkok. Expectations were low for The Hangover Part III this past summer, and those expectations were met. Phillips thankfully ditched the drunk-and-hunt plot, replacing it with a crime angle (John Goodman plays an angry gangster). But he also dumped most of the laughs. The first film remains good enough to almost forgive the two weak sequels.

PETER HOWELL

Climb every mountain

The Sound of Music Live! Time is ticking for the cast of NBC's live production — a feat not attempted in more than 50 years

Maria, former would-be nun, is about to get married.

Starring as Maria in NBC's new version of The Sound of Music, Carrie Underwood is clad in her own T-shirt and leggings plus a wedding veil as she reverently steps through the bare-bones Manhattan rehearsal space while three dozen castmates, on their feet as if in church, sing How do you solve a problem like Maria?

Underwood's procession ends at the "altar" (marked by a music stand) to join her groom, Capt. von Trapp, played by jeans-and-sweater-sporting Stephen Moyer.

During this preliminary run-through a few weeks ago, much work clearly remained to get The Sound of Music Live! ready for airtime on Thursday, when it, along with everyone involved, will make history: More than a half-century has passed since a broadcast network has dared to mount a full-scale musical for live TV.

It would have been risky enough revisiting this Rodgers and Hammerstein classic on any terms. But this is no remake of the not-to-be-tampered-with Julie Andrews juggernaut, declares Neil Meron. Meron and longtime partner Craig Zadan are the telecast's Oscar-winning executive producers.

Instead, The Sound of Music Live! is the 1959 Broadway musical reimagined for TV, then given extra crackle with a



Carrie Underwood stars in The Sound of Music Live! on Thursday.
THE ASSOCIATED PRESS

live presentation.

Meron's message: Everybody knows The Sound of Music, or thinks they do from the 1965 film nearly everyone has seen. But relatively few fans are acquainted with the stage original. Drawing from it, The Sound of Music Live! is meant to feel familiar, yet at the same time come across as new and different.

Consider: Moyer with castmates Laura Benanti (as Baroness Elsa Schrader) and Christian Borle (as Max Detweiler) are rehearsing a couple of weeks later a saucy song titled How

Can Love Survive? This song will be brand-new to most viewers of the telecast — it was dropped from the movie.

"Plenty of nothing you haven't got. How can love survive?" Max tunelessly teases the wealthy Elsa, who, in her posh relationship with her fiancé, Capt. von Trapp, can never count theirs among "all the famous love affairs (where) lovers starve and struggle."

This number, sung to an instrumental track recorded by a 40-piece orchestra, takes place on the sumptuous von Trapp

Where to watch it

- **Citytv.** The Sound of Music Live! airs on Thursday at 8 p.m. EST.
- **NBC.** Also begins the live show at 8 p.m. EST

terrace, complete with a fountain and a panoramic view of the Alps.

There are still no costumes — at the moment, Borle is wearing jeans and a Batman T-shirt — but by now the entire production has redeployed to a cavernous Long Island, N.Y., soundstage.

Grumman Studios' Stage 3, with square footage rivaling a football field's, is now home to the terrace, along with five neighbouring sets evoking pre-Second World War Austria including the abbey, a festival site draped with huge swastikas and the summit over which (spoiler alert) Maria, the Captain and his seven children pass to flee the Nazis at the musical's conclusion.

This will mark Carrie Underwood's first time in a major acting role. Despite her status as a multiplatinum country music superstar who rose to fame as the winner of American Idol in 2005, she is a rookie compared to the other stage veterans.

"Carrie is one of the bravest artists we've ever worked with," says Meron, who notes that she arrived two weeks before the production's six-week rehearsal began with her lines fully memorized, to get a head start.

"Every day," she says during a break, "I feel like I discover new things and how to go places in acting that I didn't think I could go."

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Don't call it time travel: How a T.O. video store clerk pitched Sleepy Hollow to Hollywood



Tom Mison plays Ichabod Crane in Sleepy Hollow. BROWNIE HARRIS/FOX

Selling a series. By the time Philip Iscove met with a couple of veteran showrunners, he knew what not to say to them

Television has always been a bit of a time machine. It allows viewers to look back, as in the recent coverage of the JFK assassination, and it also projects us into the future.

As a plot device, time travel is every TV writer's friend. It gets shows out of dead ends and jams, as in the infamous Bobby-in-the-shower reset on Dallas. The many incarnations of Star Trek boldly jumped all over the centuries.

In the wake of the assassination of U.S. president John F. Kennedy, ABC's *The Time Tunnel* (1966-67) allowed viewers to escape or even imagine what might have happened if we could go back in time and try to fix history. A similar plot

device helped the central character jump back and forth in time in *Quantum Leap* (1989-93). That series was very much on Phillip Iscove's mind when he began dreaming up the idea that would lead to one of this season's most successful new shows, *Sleepy Hollow*.

How the 31-year-old went from working at a Toronto video store to creating *Sleepy Hollow* (Mondays on Global) is its own quantum leap.

Iscove was studying film and television day and night as both a Ryerson University student and a part-time employee at Bay Street Video in Toronto.

A more bracing experience was landing a job, through a family connection, at a Hollywood talent agency. "That was my graduate degree, if you will," Iscove says on the phone from North Carolina, where *Sleepy Hollow* is shot. "It really changed the way I saw television and movies."

He entered Ryerson, "with these altruistic notions of how

Renewal notice

- *Sleepy Hollow* was the first series renewed for a second season this fall.

you're going to get yourself into that industry, and what you'll do when you get there." The agency job showed him how things really worked "from the inside out. The business experience, he feels, gave Iscove "the tools to understand why things succeed and why they don't."

Iscove took all that experience and started dreaming up his own TV project. But he was stuck on how to travel his main hero through time when he happened upon *The Legend of Sleepy Hollow* by Washington Irving online. "Then I saw Rip Van Winkle right underneath it and I was, like, maybe I can just put him to sleep and have it as simple as that, have a spell put on him in his time and he wakes up in 2013."

That led to a story about, as

Iscove puts it, "a Twin Peaks-y town of witches and warlocks, and he pairs with a cop, and they start fighting supernatural crimes together." The hero is Irving's Ichabod Crane (played by Tom Mison), pulled through time only to discover he is humanity's last hope.

When Iscove got his chance to pitch the series idea to veteran showrunners Alex Kurtzman and Roberto Orci (*Fringe*, *Star Trek: Into Darkness*), he knew enough from his agency days to avoid using the term time travel. The pitch was mainly to do a modern-day *Sleepy Hollow*, with the twist being, in Orci's words, "that he had a man out of time."

That Iscove had managed to sidestep the time travel aspect by combining the story of *Sleepy Hollow* with the spirit Rip Van Winkle — both Irving creations — is what sealed the deal for Kurtzman and Orci. "That's a really, really cool entry point," says Kurtzman.

THE CANADIAN PRESS

The Chew savours the sweet taste of success

When ABC's *The Chew* premiered in September 2011, it begged the question: Was it biting off more than a show like this could chew?

Here was a rollicking weekday feast devoted to "everything food" — not just cooking but home entertaining, dining out, healthy diets and a satisfying culinary lifestyle overall. And it came with a menu of five — count 'em, five — co-hosts. Too many cooks in that kitchen?

Well, maybe not. On Tuesday in its regular 1 p.m. time slot, *The Chew* marks its 500th edition with a special hour as its co-hosts savour their chat-and-chew success.

"The *Chew* was never about food, it was about these five people," says executive producer Gordon Elliott before a recent taping at the show's Manhattan studio.

Roughly 59 minutes later (to keep the energy flowing, each show is taped in front of a studio audience start-to-finish, with no retakes or down time slowing the pace), the hosts — Mario Batali, Michael Symon, Carla Hall,



From left, *The Chew* co-hosts Clinton Kelly, Carla Hall, Daphne Oz, Mario Batali and Michael Symon. JEFF NEIRA/ABC

Clinton Kelly and Daphne Oz — relocate to a nearby conference room, with a reporter in tow:

"What makes the show work," says Symon (a star of Food Network's *Iron Chef America* and owner of six restaurants), "is that it literally feels like all of us are hanging out, cooking some food and telling stories. We're busting each other's chops, but we all know we've got each other's back."

"And by now, it happens naturally," adds Batali (the

co-owner of 17 restaurants nationally as well as a Food Network star and bestselling author). "We all know when it's each person's turn to talk, and we know we'll all get our turn."

"We always tell each other before the show starts, 'Party in the kitchen,'" says Kelly (who was also a host of TLC's recently concluded *What Not to Wear*). "That's what we want: for people to come into our kitchen and have a good time."

THE ASSOCIATED PRESS

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You had me at merengue: Will Renee dance her way onto reality television?



Renee Zellweger

Renee Zellweger may be heading to television — and not in the way you'd expect. The actress is being considered by producers of *Dancing with the Stars* to head up a season of competitors made up of Oscar winners, according to Radar Online. "The producers are fixated on Renee in part because she hasn't done much dancing at all since Chicago more than 10 years ago, and

there's this real mystery about her and what she's up to," a source says. "They keep raising the amount of money they are willing to give her in the hopes that she'll say yes, and the theory is that if they can get her to sign on, then it would attract some other really prominent Oscar-winning stars — who wouldn't normally do reality TV — to fall in step."

Twitter



@ladygaga

Rolled around Tokyo today, made it to my favorite shop. They asked me to paint a leather (an epic pastime of mine)



@ChloeGMoretz

had a weird dream after watching the new hunger games that i picked up archery and was like a championship archer. weird. need to buy a bow.



@jeremypiven

The good news is we are alive and not defined by our favorite sports teams (he said sobbing like a grandmother on the floor)

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Two familiar faces come out to the social media sphere

PAT
HEALY
Metro World News

British Olympic diver Tom Daley and actress Maria Bello took to different forms of media this weekend to reveal new same-sex relationships in two heart-felt confessional.

Daley took to YouTube to officially come out, telling fans that he has been dating a man for most of this year.

"This has been a hard decision to make, but I wanted you to hear this from me," the 19-year-old athlete says in his video. "In spring this year my life changed massively when I met someone, and they make me feel so happy, so safe, and everything just feel great. That someone is a guy. It did take me by surprise a little bit. It was always in my head that something



like that could happen, but it wasn't until spring this year that things just clicked. It felt right and I thought, 'OK,' and my whole world changed there and then."

Meanwhile, Bello came out in a first-person essay in the New York Times' *Modern Love* titled, *Coming Out as a Modern Family*. "She was one of the most beautiful, charming, brilliant and funny people I had ever met, but it didn't occur to me, until that soul-searching moment in my garden, that we could perhaps choose to love each other romantically," she wrote about finding her new girlfriend, Clare. Soon, the two "began the long, painful, wonderful process of trying to figure out what our relationship was supposed to be." Jackson, Bello's 12-year-old son from a previous relationship, took his mother's new relationship in stride. When she told him about Clare, "He looked at me for what seemed like an eternity and then broke into a huge, warm smile. 'Mom, love is love, whatever you are,'" she wrote.



Paul Walker

Investigation into Walker's death unearthing unsettling details: TMZ

Details continue to emerge about the car wreck that killed *Fast and Furious* actor Paul Walker and his business partner, Roger Rodas, on Saturday. TMZ.com reports that cops are looking into the possibility that Walker and Rodas were drag racing when their Porsche exploded after first hitting a tree and then a lamppost. The area where they died is a well-known racing strip. In fact, the site reports that fans are "doing dangerous burn-outs, donuts and other high speed stunts" at the death site in me-

morium of Walker. Meanwhile, production for *Fast and Furious 7* "won't be scrapped," sources close to the production tell *The Hollywood Reporter*. The production has been underway in Atlanta, taking a break for the Thanksgiving holiday, and was scheduled to head to Abu Dhabi in January. Sources say production will be "delayed" as director James Wan and studio executives figure out how to re-work the project and "how to proceed in a manner that would be respectful to Walker's death."

Who gets to canoodle with Kate at her fantasy fete?

Everything's coming up Kate Moss this week.

First up, the supermodel, who turns 40 next month, was honoured at the British Fashion Awards in London on Monday where she won a special award for her 25 years in the fashion world.

Secondly, her hotly-anticipated issue of *Playboy*, which also celebrates the magazine's 60th anniversary, hits stands in the U.S. on Friday. The 18-page spread features a Q & A with Moss and Tom Jones. Jones just

lobs softballs at the model (as you should when someone is naked) with such questions as, "Who would be on your ultimate guest list?" The model replies, "Jack Nicholson, [photographer] David Bailey, Stevie Nicks, Catherine Deneuve, Joan Collins — love! She texted me the other day. I could not believe it. 'Hi, it's Joan Collins.' I was like... [mimes dying-of-shock], My husband, because it would be mean if I didn't invite him. And Hugh Hefner, obviously."

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What cha' know about the not-so-new tea trend matcha?

Good for you. It's been called the Superman of green tea, but what exactly does it do to help you in your day-to-day life?

MAJA LUNDAGER PEDERSEN
Metro World News

One hundred thirty times — that's how much the super-trendy, super-old Japanese matcha tea is supposed to beat regular green tea with when it comes to antioxidants. But what does that really mean? And is there a purpose for including a teaspoon of the — some would say not exactly tasty — matcha powder?

"I definitely think matcha can help prevent (illnesses) and keep you healthy when it comes to diseases," says Rachel Berman, dietitian and health content manager for About.com.

Matcha is a green tea and research shows that the antioxidants (more precisely, catechins) in it reduce the risk of cancer. Furthermore, green tea contains serotonin, which can help reduce stress and work as a mood enhancer. Last but certainly not least, it can help increase metabolism. But Berman is hesitant to tout it as a cure-all.

"I wouldn't necessarily say, 'Drink green tea and you will lose weight,'" she says. "The amount of calories you may burn won't make up for having a cheeseburger at lunch."

Making sense of matcha



If you find this wonder tea a tiny bit too expensive, Berman recommends you instead ask for a really high quality of green tea. You will probably get a lot of the same benefits from it, she says.

- Where is it grown? Matcha

only grows in Japan.

- Why drink it? It's known as a mood enhancer because of its amino acid content.
- Pricey? The softer matcha is, the more expensive it is.

One of the reasons why matcha is making waves more than normal green tea is the way it's brewed.

"Matcha is a powder and it's the entire leaf, versus brewing leaves in water, which won't give you as much of the health benefits," the dietitian tells us.

Matcha contains caffeine, too, and Berman doesn't recommend going over four or five cups a day, or drinking it past 5 p.m.

"Just incorporate it as a substitute for a mid-afternoon soda or coffee," she says.

The conclusion must be

that matcha is worth a try, but one question still remains. Why has a tea that's been around since the 12th century become so popular now?

"I think that people are looking for ways to improve their diet any way possible," Berman says. "Certain foods go in and out of trend all the time, so maybe people are looking for a way to get antioxidants since there has been so much research about how good green tea is. Why not have the one that is even more powerful than just regular green tea?"



Add a little matcha to your afternoon delight. ALL PHOTOS ISTOCK IMAGES

3 LEE



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Want to watch your weight? Keep your home very toasty

Body science. New research flips common thinking on its head as they find a healthy body weight is linked to those who live in warmer homes

MEREDITH ENGEL

Metro World News

The secret to keeping your figure during the holidays may have nothing to do with your dinner plate.

Researchers at the University of Stirling Behavioural Science Centre in Scotland have found that people living in well-heated homes have lower BMIs (body mass indices) levels than those in the Northern Hemisphere without adequate heating. The scientists studied

10,000 people with central heating over a 13-year period.

Their research, they say — which included age, gender, social class and other factors — turns a popular notion on its head.

"We set out to investigate the scientific claims that cooler indoor temperatures help us maintain a healthy weight by pushing our bodies to expend more energy through shivering and generating heat through tissues," says behavioral scientist and senior lecturer Dr. Michael Daly.

"In fact, the research suggests people may eat less and burn more energy when residing in a warmer indoor environment."

So what's the magic number for your thermostat?

"We ... found reduced weight levels among people living in homes heated to above 73.4 degrees Fahrenheit (23 Celsius)," Dr. Daly says of the research.



Crank up that temperature and crank up the weight loss. ISTOCK PHOTOS

Food dangers. Sushi linked to increased risk of cardiovascular issues

Eating sushi can increase the risk of cardiovascular disease, according to a study published in the Journal of Risk Research.

This was one of many unhealthy aspects to excessive fish consumption, which is thought to lead to dangerous methylmercury exposure in humans, researchers say.

Mercury can cause neurodevelopmental deficits, poorer cognitive function and increased rates of cardiovascular disease.

The study also notes that higher levels of methylmercury can be detrimental to the heart and the health-protective effects of omega-3 fatty acids found in fish.

Tuna sashimi was found to contain the highest levels of methylmercury in fish samples taken from across the U.S.

The study found that 92 per cent of partici-

pants ate an average of five fish and fish-sushi meals per month, and that the top 10 per cent of all participants exceeded the Center for Disease Control Minimal Risk Level and the World Health Organization Provisional Tolerable Weekly Intake of methylmercury. METRO



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Huevos Rancheros: Brunch in Mexico without leaving home



This recipe serves two. COURTESY PRESIDENT'S CHOICE

Huevos Rancheros is a popular Mexican breakfast or brunch dish consisting of eggs.

Using egg whites instead of whole eggs in traditional egg dishes such as Huevos Rancheros saves you cholesterol, fat and calories. They also cook up fluffier than whole scrambled eggs.

1. In medium nonstick frying pan, melt butter over medium heat; cook onion for 4 to 6 minutes or until softened. In large bowl, whisk egg whites until very frothy; whisk in salt and pepper and add to pan with onions. Cook for 2 to 4 minutes, occasionally lifting eggs and allowing uncooked egg white to flow underneath, or until egg is set on bottom.

2. Meanwhile, in small saucepan cook salsa, tomatoes and beans over medium heat until hot.

3. Sprinkle cheese over eggs

and turn egg whites over, scrambling them slightly. Divide cooked egg whites between two dinner plates. Top with salsa mixture. Sprinkle with coriander. Serve with warmed whole wheat tortillas, if desired.

COURTESY PRESIDENT'S CHOICE

Ingredients

- 1 tbsp (15 ml) unsalted butter
- 1/2 cup (125 ml) chopped red onion
- 1 cup (250 ml) PC Blue Menu Egg Whites
- 1/8 tsp (0.5 ml) each salt and freshly ground black pepper
- 2/3 cup (150 ml) PC Avocado and Key Lime Salsa
- 1/2 cup (125 ml) quartered cherry tomatoes
- 1/3 cup (75 ml) rinsed and drained canned black beans
- 1/3 cup (75 ml) light cheddar shredded cheese
- 2 tbsp (25 ml) chopped fresh coriander

Health Solutions

Mr. Sunflower, bring me butter



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Sunflower butter is not made from a nut. It is a seed, which makes it school approved. (Sometimes. You better check!)

Sunflower seeds are mildly anti-inflammatory due to their high mineral and antioxidant content but without sugar, the spread can be a tiny bit more bitter than the more typical peanut butter.

Fear not, here are some ways to enjoy it:

- Spread with honey and banana to provide a balanced snack.

- Dip dried fruit into a table-

spoonful.

- Use in place of peanut butter in cookie recipes. You will not notice the difference.

- Add to smoothies to bump up protein and good fats.

- Use in place of tahini for making hummus.

Each time you add a different food, you are adding different nutrients, and your body needs a wide range of every kind.

Go beyond wheat crackers and try quinoa or brown rice crackers to balance out the amino acids. Pairing a nut or seed with a whole grain makes a complete protein. Be brave!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Different types

OMG: The truth about boredom

When dozing off in a classroom or office, you may think it's your fault but you would be wrong. There are clear categories of boredom triggered by your environment, says German pioneering researcher Dr. Thomas Goetz.

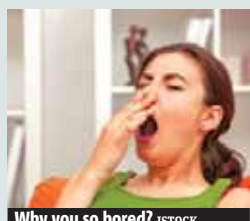
Indifferent boredom: A relaxing, possibly positive type – "a general indifference to, and withdrawal from, the external world"

Calibrating boredom: Wandering thoughts – "general openness to changing the situation"

Searching boredom: "Seeking out specific ways of minimizing boredom"

Apathetic boredom: Impossible to break from this mode – "dangerous, similar to depression"

KIERON MONKS/METRO



Why you so bored? ISTOCK

Managing meltdowns: Tips on tackling your kids' Xmas tantrums

Match expectations. If you mean business with them at home, don't change a thing when you all go to the mall together

With the arrival of the holiday season comes the inevitable spike in shopping excursions and social gatherings — and with them, potential opportunities for children to act out.

Navigating through crowded aisles and packed parking lots can be stressful enough. But contending with a youngster having a meltdown in the mall is enough to fray the nerves of even the most mild-mannered parent.

"Tantrums are about power struggles and attention," said Natalia McPhedran, an Ottawa-based children's coach and author of *Life With Kids — Empowering Our Children To Be Ready For The Real World*, due out in December. "If we

use techniques at home that avoid the power struggles, I think that you're halfway there by the time you get to the mall because they know: 'OK, Mom means business.'"

McPhedran — a mother of two — outlines expectations prior to a shopping trip. That includes specifying the purpose of the visit to ensure youngsters don't get sidetracked.

"For example: 'Today, we're just going to get this and this and this and this.' Don't even ask me for chocolates, don't

ask me for candy, don't ask me for toys. You can look, but you can't touch, because today we're not buying that," said McPhedran. "If you're consistent with following through with other things at home, they know that you mean business when you say something."

"You've already given them that pre-set expectation at home. When they get to the mall, they know that you're also going to follow through there." Once kids know the expectations, McPhedran said it's still good to have rules making kids aware of what they can do.

"Once you get there, let's say: 'Let's go in the toy aisle and let's go and look at all the cool stuff they have. Tell me what you like and we'll see what Santa can do,'" she said. "I remember we used to walk through the toy

Even if they freak out, you should remain calm at all times. ISTOCK



Festive distractions

- **Keep 'em busy.** "Christmas is a great way to get them involved — decorating, cleaning, vacuuming. If you're going to have a big dinner, say: 'This is going to be your job.' How awesome do kids feel when you give them a task, like just making the name tags for the place settings?"

section of Zellers when I was little and we never walked out with stuff every time we went."

In the event a tearful tantrum still ensues, McPhedran said the source of unhappiness is usually due to one of three things: hunger, fatigue or a desire to be heard. Rather than reacting in anger to the outburst, she suggested an alternative approach.

"You have to keep your calm as well. Because if you freak out also, then that just gives them even more attention and more people look,"

said McPhedran, mother to an 11-year-old daughter and nine-year-old son. "Come down to their level, calmly say: 'We are not having this right now.'"

McPhedran said adults should recognize their child's feelings, such as those of anger at parents for not purchasing a particular item. But they should then remind kids of initial pre-warning that buying goods for them wasn't a part of the day's agenda.

Similarly, when it comes to attending a party or family gathering, establishing and articulating ground rules beforehand is pivotal.

"If they know what to expect and they know what you expect of them, then the behaviour should just follow," said McPhedran.

"Before I leave the house, I would say: 'Listen, make your aunts and uncles proud. Show them that you know how to behave when you go to (an event) like this. And make yourself proud and feel good about yourself.'"

THE CANADIAN PRESS

What's growing in your veggie drawer? A big pile of potential monthly savings

Home economics. Get to know the inside of your refrigerator, and you'll find it's easier to use up leftover food



YOUR MONEY
Alison Griffiths
money@metronews.ca

My oldest daughter, Claudia, who just gave birth to grandson number two, has been coping with all the usual challenges — spit ups, endless laundry and sleepless nights. However, as she burps, rocks, changes and does it all again, a happy fact has emerged. She is saving money.

A drop in income during maternity leave usually places tremendous financial pressure on young families. However, my daughter triumphantly reported that her family of four is in better fi-

Looking for leftovers

What started out as something to kill time when she couldn't sleep turned into a habit of fridge and freezer cruising.

nancial shape than ever before. And it's largely because of the refrigerator.

During those sleepless pat pat, jig jig, feed, change and rock-for-hours nights, she started organizing the fridge. There she discovered a cornucopia of meals. Veggies, fruit, leftovers and bits of this and that stored in the fridge or freezer started her thinking about using it all up before the green fuzzies or freezer burn attacked.

What started out as something to kill time when she couldn't sleep turned into a habit of fridge and freezer cruising. Once she got the hang of coming up with meals based on items she had on hand, the habit quickly became ingrained.

As a result, she finds it far easier to put together dinner, no matter how tired she is, and she's discovered all kinds of new ways to use a cup of rice or a few slices of ham.

In fact, in the nearly two months since baby George arrived they haven't resorted to takeout once. Even better, neither she nor her husband feels deprived. Far from it. They feel empowered, as in, "I am in control of my fridge!"

Perhaps best of all, waste has been reduced to almost nothing, which in turn has taken a nice bite out of the grocery expenditures. Claudia figures she is saving



When you spend time going through your refrigerator and freezer, you're more likely to actually use up the food you've bought before it goes bad. ISTOCK

around \$200 a month.

An Internet search turns up hundreds of excellent leftover ideas. One of the best resources is bigoven.com/recipes/leftover. Choose up to

three ingredients or flavours and a host of recipes appear. I picked bell pepper, brown rice and black beans, which resulted in some terrific ideas to use up three items in my

fridge.

Most of us have a group of ingredients that regularly end up as leftovers, eventually to be thrown out. With an arsenal of recipes that use

those ingredients, it will become fairly easy to whip up an eco-friendly, money-saving meal.

Eat and save money! Thanks Claudia.



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Kansas City

Police launch investigation into parking lot death

Officers searched a suburban Kansas City home Monday as part of an investigation into the death of a man following a parking lot scuffle during the Sunday's game between the Chiefs and Denver Broncos.

Police spokesman Darin Snapp said detectives learned that evidence related to the man's death could be found at the Independence home. Authorities hadn't released the man's name but described him as in his 20s.

No arrests had been made, but police detained three people for questioning who were expected to be released Monday afternoon, Snapp said. He said they weren't considered suspects in the man's death. **THE ASSOCIATED PRESS**

NBA

Pierce breaks bone in hand

Paul Pierce will be out two to four weeks with a broken bone in his right hand, the biggest loss yet for the injury-plagued Brooklyn Nets.

Pierce has been diagnosed with a non-displaced fracture of the third metacarpal of his right, shooting hand, the team said Monday. He was hurt Friday in the first half of a loss at Houston.

THE ASSOCIATED PRESS



Paul Pierce GETTY IMAGES

Hockey

U.S. hall of fame inducts Weight

Two-time Stanley Cup champion and four-time NHL All-Star Doug Weight was inducted into the U.S. Hockey Hall of Fame Monday night at the Motor City Casino.

Joining Weight as a new inductee were Carolina Hurricanes owner Peter Karmanos, former college coach Ron Mason and Cindy Curley, one of the pioneers in women's hockey.

THE ASSOCIATED PRESS



Johan Franzen of the Red Wings protects the puck on a wraparound from Senators Jared Cowen and Robin Lehner at the Canadian Tire Centre on Sunday. The Sens are 3-7-0 in their last 10 games. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

Alfredsson: All is not lost for Sens

NHL. Former captain says struggling team may just need spark to gain confidence and turn things around

Paul MacLean didn't get caught up in the nostalgia of Daniel Alfredsson day.

It didn't matter much to the Senators coach that his former captain was back in town Sunday with the Detroit Red Wings. His takeaway was his team's execution problems in a 4-2 loss, Ottawa's

17th in 27 games.

"For me it was another game that we had to play and had to win, and we didn't do enough to win," MacLean said.

That has become an all-too-familiar situation for the Senators in the post-Alfredsson era. Last spring MacLean was accepting the Jack Adams Award as coach of the year for shepherding the injury-ravaged team into the playoffs, and now he's left to wonder why his team is seven points out of a potential playoff spot with more than a quarter of the season gone.

MacLean saw Sunday as

an improvement from recent play, but moral victories don't amount to a hill of beans in this crazy Eastern Conference.

"You are what you are," he said. "We need wins. You end up being what you are."

Alfredsson didn't see this group as a lost cause.

"I see them as a very competitive team," Alfredsson said after his two-point game. "I thought they played extremely hard. If anything, they're maybe in a mode where they just need a couple of wins to get some confidence. I think they're doing a lot of good things, and I expect them to do well." **THE CANADIAN PRESS**

Hoffman gets called up

The Ottawa Senators have recalled forward Mike Hoffman from the American Hockey League's Binghamton Senators.

- Hoffman, 24, leads Binghamton with 26 points (11 goals, 15 assists) in 21 games this season.
- The team also announced that it has re-assigned defenceman Mark Borowiecki and forward Derek Grant to Binghamton.

Semyon Varlamov. Avs goalie remains free on bond



Semyon Varlamov GETTY IMAGES

Colorado Avalanche goalie Semyon Varlamov can remain free on bond while facing a domestic violence charge involving his girlfriend, a judge said Monday.

Varlamov appeared in court for a brief hearing as the judge formally advised him that he faces a misdemeanor charge of third-degree assault.

He is scheduled to enter a plea at his next hearing on Jan. 22.

Most misdemeanor cases in Denver are settled with plea bargains, but a spokeswoman

Possible outcomes

Semyon Varlamov could face a sentence ranging from probation to two years in jail if convicted of the assault charge.

for the District Attorney's Office declined to say whether an agreement was likely in this case.

Neither Varlamov nor his attorneys commented when they left court Monday.

Varlamov's girlfriend, Evgeniya Vavrinyuk, told police he knocked her down with a kick, stomped on her chest and dragged her by her hair at their apartment on Oct. 30, according to an arrest affidavit.

She also accused him of telling her that he would have beaten her more if they had been in Russia, authorities said.

Varlamov is free on \$5,000 bond and has been travelling and playing with the team.

THE ASSOCIATED PRESS

Small roster a 'huge advantage': Sutter

World junior tournament. Team Canada's coach happy to have just 25 players listed for selection camp

The biggest challenge in coaching any national hockey team, says Brent Sutter, is forming an identity quickly.

"What you're about as a team, how you're going to play, the accountability has to fall into it right off the bat," Sutter said.

And so for Sutter the fact that Hockey Canada has named its smallest roster ever — just 25 players — to its national junior selection camp is a "huge advantage." It allows him to coach and instill that identity from the get-go, he said, rather than spend time evaluating players.



Minnesota defenceman Mathew Dumba was the lone NHLer named to Hockey Canada's selection camp Monday. BRUCE BENNETT/GETTY IMAGES

"You can run proper practices, you can just get things implemented and get going more with your team," said Sutter, head coach of Canada's world junior team.

"It's a change, it's certainly different than in the past

where it's been mid-30s or over, the amount of players that have been invited. But you know what? It's good. It wouldn't have been done this way if there wasn't a real clear direction of path."

Minnesota Wild defence-

man Mathew Dumba was the lone NHL player named Monday to a roster that Sutter called a "moving target." He's holding out hope that more NHL teams will release players before the deadline, such as Calgary Flames centre Sean Monahan, who's out with a fractured left foot. Countries must submit their rosters on Christmas Day, 12 hours before the tournament in Malmö, Sweden, begins.

Two goaltenders — Zachary Fucale and Jake Paterson — plus eight defencemen and 15 forwards have been invited to the selection camp opening Dec. 12 in Toronto.

This national junior team shoulders perhaps more pressure than any team before, since last year marked the first time in 15 years the Canadians didn't bring home a medal. Canada hasn't won world junior gold since 2009.

THE CANADIAN PRESS

Men's curling

Martin, Jacobs and Morris undefeated in Winnipeg trials

Kevin Martin, Brad Jacobs and John Morris stayed undefeated at the Canadian Olympic curling trials Monday.

Edmonton skip Martin edged Winnipeg's Jeff Stoughton 6-5, Morris is curling with B.C.'s Jim Cotter and he beat Calgary's Kevin Koe 6-4 and Jacobs, out of Sault Ste Marie, Ont., downed Winnipeg's Mike McEwan 7-5.

Glenn Howard, out of Coldwater, also beat fellow Ontario skip John Epping of Toronto 9-5, which left both at 1-1.

Koe, Stoughton and McEwan are all winless and say they need to win their next five if they have a hope of making the playoffs.

Stoughton scored three in the ninth end to tie it at 5-5, but Martin left with the win after a single in the 10th.

THE CANADIAN PRESS

Brazil 2014

Pele to play surprise role in World Cup draw

Organizers of the 2014 World Cup say football great Pele will make an appearance at Friday's draw in Brazil but his role is being kept a secret.

It hadn't been clear whether Pele would be participating in the event that will determine the schedule for next year's tournament, but organizers confirmed Monday he will be part of the show broadcast to about 250 million viewers in more than 190 countries.

"He will be the 'wow' moment of the show," said Luiz Gleiser, the event's artistic manager.

Earlier Monday, construction workers returned to the stadium that will host the opening match of the World Cup, five days after an accident killed two workers and renewed questions about Brazil's readiness to hold the soccer tournament.

THE ASSOCIATED PRESS

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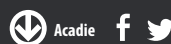
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NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	27	18	7	2	75	55	38
Detroit	28	14	7	7	78	73	35
Tampa Bay	26	16	9	1	76	66	33
Montreal	27	15	9	3	73	57	33
Toronto	27	14	10	3	75	73	31
Ottawa	27	10	13	4	78	90	24
Florida	27	7	15	5	59	91	19
Buffalo	28	6	20	2	48	85	14

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	28	18	9	1	86	64	37
Washington	27	14	11	2	82	78	30
NY Rangers	27	14	13	0	60	66	28
New Jersey	27	11	11	5	59	64	27
Philadelphia	26	12	12	2	57	63	26
Carolina	27	10	12	5	57	78	25
Columbus	27	10	14	3	67	80	23
NY Islanders	27	8	15	4	72	93	20

Monday's results

Winnipeg at NY Rangers
New Jersey at Montreal
Philadelphia at Minnesota
St. Louis at Los Angeles

Sunday's results

Vancouver 3 Carolina 2
Detroit 4 Ottawa 2
Edmonton 3 Dallas 2 (SO)

Tuesday's games

All Times Eastern

San Jose at Toronto, 7 p.m.
Tampa Bay at Columbus, 7 p.m.
Carolina at Washington, 7 p.m.
Pittsburgh at NY Islanders, 7 p.m.
Ottawa at Florida, 7:30 p.m.
Vancouver at Nashville, 8 p.m.
Dallas at Chicago, 8 p.m.
Phoenix at Edmonton, 9:30 p.m.
Los Angeles at Anaheim, 10 p.m.

Wednesday's games

Montreal at New Jersey, 7 p.m.
Philadelphia at Detroit, 8 p.m.
Phoenix at Calgary, 10 p.m.

Thursday's games

Dallas at Toronto, 7 p.m.
San Jose at Pittsburgh, 7 p.m.
NY Rangers at Buffalo, 7 p.m.
Winnipeg at Florida, 7:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	28	20	4	4	102	76	44
St. Louis	25	18	4	3	89	57	39
Colorado	25	19	6	0	76	52	38
Minnesota	28	15	8	5	68	67	35
Nashville	27	13	11	3	62	75	29
Dallas	25	12	9	4	70	73	28
Winnipeg	28	12	12	4	73	80	28

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	26	18	3	5	92	60	41
Anaheim	29	18	7	4	91	77	40
Los Angeles	27	16	7	4	70	58	36
Phoenix	26	15	7	4	85	84	34
Vancouver	29	14	10	5	77	77	33
Calgary	26	9	13	4	70	93	22
Edmonton	28	9	17	2	73	95	20

Note: Two points for a win, one point for overtime loss.

Boston at Montreal, 7:30 p.m.
Ottawa at Tampa Bay, 7:30 p.m.
Carolina at Nashville, 8 p.m.
NY Islanders at St. Louis, 8 p.m.
Chicago at Minnesota, 8 p.m.
Colorado at Edmonton, 9:30 p.m.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	13	23	36
Malkin, Pgh	7	28	35
Steen, STL	20	11	31
Getzlaf, Ana	13	18	31
Kane, Chi	16	14	30
Tavares, NYI	11	19	30
Zetterberg, Det	11	19	30
Ovechkin, Wash	21	8	29
Perry, Ana	15	14	29
Thornton, SJ	4	25	29
H. Sedin, Van	7	21	28
Kunitz, Pgh	14	13	27
Couture, SJ	9	18	27
Karlsson, Ott	7	20	27

Not including last night's games

MLS PLAYOFFS

MLS CUP

Saturday's game — All Times Eastern
Kansas City vs. Salt Lake, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	16	1	.941	—
d-Miami	14	3	.824	2
Atlanta	9	9	.500	7 ^{1/2}
d-Toronto	6	10	.375	9 ^{1/2}
Washington	8	9	.471	8
Chicago	7	8	.467	8
Charlotte	8	10	.444	8 ^{1/2}
Detroit	7	10	.412	9
Orlando	6	10	.375	9 ^{1/2}
Boston	7	12	.368	10
Philadelphia	6	12	.333	10 ^{1/2}
Cleveland	5	12	.294	11
Brooklyn	5	12	.294	11
New York	3	13	.188	12 ^{1/2}
Milwaukee	3	13	.188	12 ^{1/2}

WESTERN CONFERENCE

	W	L	Pct	GB
d-Portland	14	3	.824	—
d-San Antonio	14	3	.824	—
Oklahoma City	12	3	.800	1
d-L.A. Clippers	12	6	.667	2 ^{1/2}
Houston	13	5	.722	1 ^{1/2}
Denver	10	6	.625	3 ^{1/2}
Dallas	10	8	.556	4 ^{1/2}
Golden State	10	8	.556	4 ^{1/2}
Phoenix	9	8	.529	5
New Orleans	8	8	.500	5 ^{1/2}
Memphis	8	8	.500	5 ^{1/2}
L.A. Lakers	9	9	.500	5 ^{1/2}
Minnesota	9	10	.474	6
Sacramento	4	11	.267	9
Utah	3	15	.167	11 ^{1/2}

d-division leader

Monday's results

Orlando at Washington
New Orleans at Chicago
Atlanta at San Antonio
Houston at Utah
Indiana at Portland

Tuesday's games

Orlando at Philadelphia, 7 p.m.
Denver at Brooklyn, 7:30 p.m.
Milwaukee at Boston, 7:30 p.m.
Detroit at Miami, 7:30 p.m.
Phoenix at Memphis, 8 p.m.
Charlotte at Dallas, 8:30 p.m.
Oklahoma City at Sacramento, 10 p.m.
Toronto at Golden State, 10:30 p.m.

Horoscopes

♈ Aries

March 21 - April 20

As the new moon falls in one of the more adventurous areas of your chart, you will take the kind of risk you might usually steer clear of. No doubt it will surprise a few people when it pays off handsomely.

♉ Taurus

April 21 - May 21

In all things there is a natural ebb and flow. If you are on the down side of the curve at the moment, you are sure to be on the up again by week's end.

♊ Gemini

May 22 - June 21

Optimism is generally a good thing but too much can be dangerous. The planets warn you must make an effort to see things as they are today, not as how you dream they might be. That applies especially to partnership matters.

♋ Cancer

June 22 - July 23

If you change your mind about something today, you will most likely have to change it back again later in the week. Stick with the decision you recently made and see it through to the end. What happened to that resolute Cancer nature?

♌ Leo

July 24 - Aug. 23

Yours is one of the most favoured signs at the moment and today's new moon in your fellow Fire sign of Sagittarius urges you to cash in on your creative ideas.

♍ Virgo

Aug. 24 - Sept. 23

There are times when you let the mask of self-control slip and let your emotions get the better of you and that will most likely happen today. If it does, it may be to your benefit.

♎ Libra

Sept. 24 - Oct. 23

Your energy may be high at the moment but don't burn yourself out. Social invitations will make a point of getting it. That could be fun but could also lead to situations that do you no favours. Don't let your desires get out of hand.

♏ Scorpio

Oct. 24 - Nov. 22

The more you are told you can't have something, the more you will make a point of getting it. That could be fun but could also lead to situations that do you no favours. Don't let your desires get out of hand.

♐ Sagittarius

Nov. 23 - Dec. 21

As the new moon takes place in your birth sign, it is essential that you choose one aim and stick with it. This can be one of the most successful times of the year but don't scatter your energies in a dozen directions.

♑ Capricorn

Dec. 22 - Jan. 20

There is no point trying to hide your feelings because others can see how you are hurting. What they don't understand though is why you are hurting. If you need help, you really must be honest with them.

♒ Aquarius

Jan. 21 - Feb. 19

The planets warn you need to watch what you say over the next 24 hours. Not everyone appreciates your directness and honesty, especially when it hurts them personally.

♓ Pisces

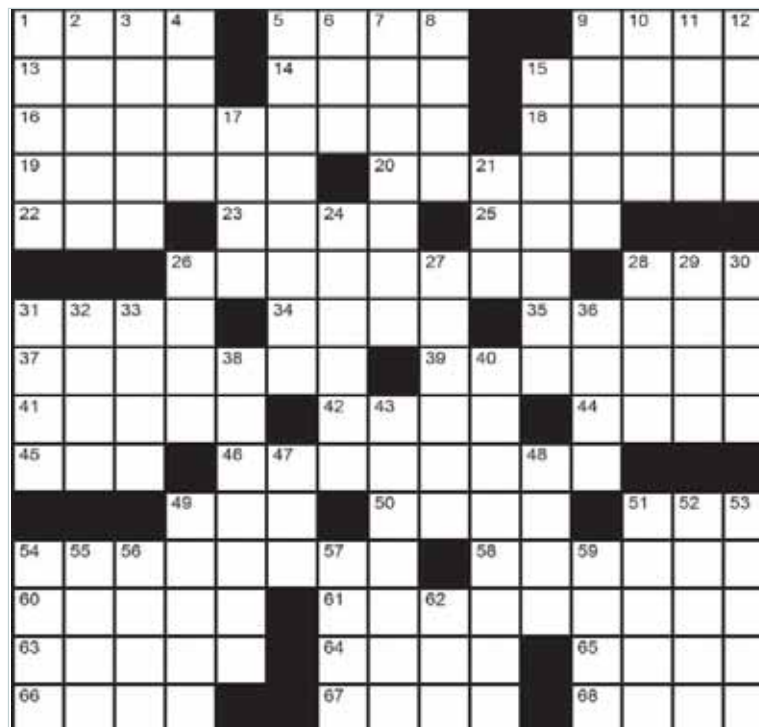
Feb. 20 - March 20

You may be dreading upheavals on the work front but the planets suggest you have little to worry about. There will be some adjustments to make, but over time you will benefit. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Punt
- '90s Halifax band
- Britney Spears' new album: 'Britney ___'
- ___ even keel: 2 wds.
- Stratford-___Avon
- Ms. Berry
- Potter's penner
- "Golly!"
- Anna Karenina's love in Leo Tolstoy's classic book
- Shoppers ___
- Tonality
- ___ Admiral
- Gambler's cube
- "Hmm...": 3 wds.
- Fred ___ (Lyricist of Broadway musical Cabaret)
- Swedish store
- John who co-hosted "Entertainment Tonight"
- "Like that'll happen!"
- Fraser = ___
- Actress Ferrera
- CTV journalist
- Ms. len
- ___ help you?" (Store's query)
- Kinds
- Fathers of Jr.s
- College in Ontario; or, actress Niccollette
- Three non-consonants
- Singer/songwriter Aimee
- Grand ___ (Wine



designation)

- Egypt: Kingly discovery back in '22: 2 wds.
- Scratcher's reasons
- Popeye's enemy
- Traditional dwelling of the Iroquois
- Tree type

64. Nine ___ Nails

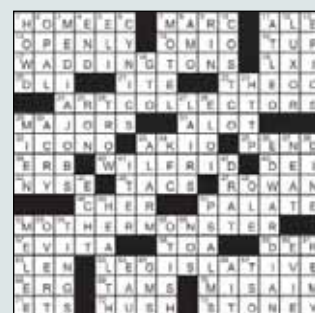
- Mix
- Mailing enclosures, e.g.
- Green, in Gaspe
- Xs
- Down
- '70s detective series
- Linen tape for trimmings

- Comedian Drew
- Fort __, Kentucky
- 'Our Pet': St. Vital, MB-born singer, Member of the Order of Canada as well as Canada's Walk of Fame
- Prefix to 'culture' (Beekeeping)

- England's capital, in France
- Civil or Electrical, e.g.
- Actress Ms. Pressly
- ___ Ostrovsky ("Hot in Cleveland" character)
- Yankee or Oriole, e.g.

- Tree dwelling
- Cleanliness
- Was alternative
- 'Quiet' add-on
- Punish with an arbitrary fine
- Secular
- Ms. Twain
- Santana song: "___ Ways"
- British guitarist Jeff
- Cape Breton inland sea, ___d'Or Lake
- Some PCs
- Vehicle in "If I Had \$1,000,000"
- Makes mistakes
- Ireland, in verse
- Guest
- One Direction's latest album: '___ Memories'
- Ulna: 2 wds.
- Boo-___
- Literary collection [abbr.]
- "Melrose Place" star Rob
- Plane-jumper's need
- Amber, for example
- Device operators, for example
- Time as yet unknown acronym [pl.]
- Role in "The Producers" (2005)
- Sassiness, in slang
- 1054 in ancient Rome
- Price
- ATM maker

Yesterday's Crossword

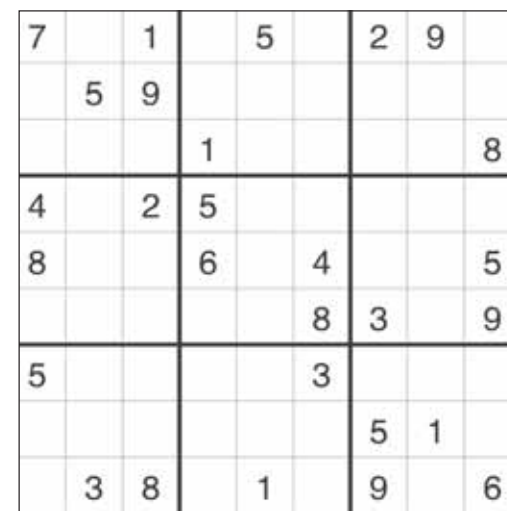


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



0°/-6°
Partly cloudy

Wednesday



-1°/-3°
Flurries

Know what the weather
will be 14 days from now.
Check the 14 day trend.

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